

Mizell Senior Center's
Café 480 ~April 2017
Open Daily ~ 11:00am to 12:15pm



Monday	Tuesday	Wednesday	Thursday	Friday
April 3 Turkey Corn Dogs with Chili Meat & Beans Tater tots Coleslaw Dessert	4 Spaghetti with Meat Sauce Parmesan Italian Vegetables Garlic Bread Dessert	5 Chicken Burrito Aztec Rice Zucchini & Tomato Salsa Sour Cream Dessert	6 Swedish Meatball with Gravy Egg Noodles California Blend Vegetables Wheat Roll Dessert	7 Tuna Salad Sandwich on Wheat Lettuce & Tomato Pea Salad Chips Dessert
10 Beef Pot Roast Potatoes & Carrots Lima Beans Whole Wheat Roll Dessert	11 Mac & Cheese with Kielbasa Sausage California Blend Vegetable Wheat Roll Dessert	12 Parmesan Chicken Roasted Potatoes Peas & Carrots Whole Wheat Roll Dessert	13 Teriyaki Chicken Asian Vegetables Brown Rice Hawaiian Roll Dessert	14 Chicken Cordon Bleu Béchamel Sauce Noodles Carrots Dinner Roll Dessert
17 Beef Lasagna Green Salad Italian Dressing Garlic Bread Dessert	18 Chicken Broccoli Rice Casserole Carrots Wheat Roll Dessert	19 Cheeseburger Lettuce & Tomato Baked Beans Coleslaw Dessert	20 Herb Baked Chicken Mashed Potatoes Gravy Mixed Vegetables Wheat Roll Dessert	21 Turkey Sandwich on Wheat Bread Lettuce & Tomato Pea Salad Dessert
24 Beef & Cheese Enchilada Zucchini & Tomato Aztec Rice Dessert	25 Asian Chicken Stir Fry Vegetables Chow Mein Noodles Hawaiian Roll Dessert	26 Beef Stew with Potatoes & Carrots Cauliflower Mix Wheat Roll Dessert	27 Chef Salad Ham, Turkey, Cheese Hard Boiled Egg Dressing Crackers Dessert	28 Meat Loaf Mashed Potatoes Gravy Carrots Wheat Roll Dessert

Menu is subject to change without notice

Dessert = Fruit Cup or Pastry

760-323-5689

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www.mizell.org